



May is Older Americans Month

The 2025 theme, *Flip the Script on Aging*, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

In recognition of this month, **Kitsap County Aging and Long-Term Care** is offering free virtual and in-person events to older persons, family, caregivers, and supports.

What does Kitsap Aging Information and Assistance offer me?

May 8th 2:00 – 3:00pm

In-Person Location: Kitsap Regional Library (Meeting Room) – 26159 Dulay Rd NE, Kingston, WA 98346

Presenters: Jason Doty and Dan Parsons with Kitsap County Aging and Long-Term Care

This presentation will cover a range of services and supports intended to help older adults, adults with disabilities, and caregivers in Kitsap County

Fact or Myth: Falls are Part of Normal Aging

May 14th 2:00 – 3:00pm

In-Person Location: Kitsap Regional Library, 3650 NW Anderson Hill Rd, Ste 101, Silverdale, WA 98383

Presenter: Jennifer Calvin Myers with Kitsap County Aging and Long-Term Care

Join us for a review of lifestyle options that flip the script on stereotypes about aging and support your brain health!

What does Kitsap Aging Information and Assistance offer me?

May 16th 10:00 – 11:00 AM

Virtual – Zoom, Registration Link: <https://us06web.zoom.us/meeting/register/WNRnNbTbROeyzGtC70rCjg>

Presenters: Jason Doty and Claire Mackie with Kitsap County Aging and Long-Term Care

This presentation will cover a range of services and supports intended to help older adults, adults with disabilities, and caregivers in Kitsap County

Where to Turn: The Right Program for the Right Time

May 21st 2:00 – 3:00pm

In-Person Location: Kitsap Regional Library – 87 Sidney Ave, Port Orchard, WA 98366

Presenter: Carrie Mulcahy with Kitsap County Aging and Long-Term Care

Join us for an overview of available programs for caregivers and individuals who are looking for options outside of traditional Medicaid programs

Medicare Basics

May 29th 2:00 – 3:00pm

In-Person Location: Kitsap Regional Library – 87 Sidney Ave, Port Orchard, WA 98366

Presented by: Davin Reyes with Kitsap County Aging and Long-Term Care

This presentation will provide insight into how basic Medicare programs work

Visit www.agingkitsap.com for event information and video library

For questions, call 360-337-5700, 1-800-562-6418 or Email: SeniorInfo@Kitsap.gov

